



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

*** * * Fact Sheet * * ***

Carbon Monoxide Warning

The Maryland Department of Health and Mental Hygiene (DHMH) reminds residents that carbon monoxide may cause serious public health problems and even death. Carbon monoxide may result when residents cook meals during cold weather and after a storm has knocked out electricity or gas lines.

DHMH provides these important tips:

- Carbon monoxide is an invisible, odorless, tasteless gas, and is highly poisonous.
- Depending on the level of exposure, Carbon monoxide may cause fatigue, weakness, chest pains for those with heart disease, shortness of breath upon exertion, nausea, vomiting, headaches, confusion, lack of coordination, impaired vision, loss of consciousness, and in severe cases, death.
- Charcoal or gas grills are the most obvious alternative sources of heat for cooking. **NEVER USE THEM INDOORS.** In doing so you risk both asphyxiation from carbon monoxide and the chance of starting a fire that could destroy your home.
- Likewise, camp stoves that use gasoline or solid fuel should always be used outdoors.
- When cooking is not possible, many canned foods can be eaten cold.

More cold weather public health and safety tips are available on the DHMH web site at:
www.dhmh.state.md.us.

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